

WOMEN

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LET'S EAT

The Goose Hangs High At Christmas Time!

By IDA BAILEY ALLEN

In former days, "the goose hangs high" was a phrase denoting the approach of Christmas festivities. Today, the goose waits in the food freezer, all ready, without fuss or feathers, to be roasted in a heat-controlled oven.

So more families are going to enjoy this festive bird every year.

How It Started

It all started with Deane Staehmann of Texas, a big cotton and pecan planter with a passion for research. He discovered that the favorite diet for geese is made up of the weeds and grasses that both the average Southern cotton farmer.

Deane had a sudden flash: "Raise geese to run in the cotton fields and eat up the weeds and there will be a double crop to sell—one of cotton and one of geese—at less expense for both grower and consumer!"

The idea paid off. Southwestern farmers have raised and frozen thousands of geese, headed nationwide for the Christmas dinner table.

CHRISTMAS GOOSE DINNER

- Shrimp Remoulade
- Olives
- Radishes
- Celery
- Roast Goose
- Creole Oyster Stuffing
- Panned Potatoes
- Green Beans
- Tossed Lettuce Bowl
- Mince-Apple Tart
- la Mode Nuts
- Fruit Bowl
- Coffee

Shrimp Remoulade: Arrange 6 to 8 chilled shrimp per serving in wide-topped sherbet glasses lined with lettuce leaves. Top with remoulade sauce.

Remoulade Sauce: In a small deep bowl, combine 3 the pickle relish, 1 tbs. prepared horseradish, 1 tbs. table mustard, 1 tbs. minced parsley, 1 tbs. anchovy paste and 1 tbs. minced tarragon or 1/2 tbs. tarragon mixed with 1/2 c. mayonnaise and 3 drops tabasco. Chill.

Roast Goose Creole Style: If using a fresh goose, single, clean, scrub with soapy water, drain and dry. If using a frozen goose, thaw completely before roasting. (Allow 24 hr. in the refrigerator.) In either case, dust the cavity with 1 tbs. salt, 1/2 tbs. pepper and 1/2 tbs. monosodium glutamate.

Loosely fill with Creole oyster stuffing. Close the vent with pics. Tuck under the tips of the wings; fasten with pics. Tie the legs together with clean white cord.

Brush all over with fresh lemon juice. Dust with 2 tbs. salt, 1/2 tbs. pepper and 1 tbs. monosodium glutamate.

Place breast-side down on a roasting rack. Cover with aluminum foil and roast 1 hr. in a hot oven, 425 degrees F. Then uncover; turn the goose on its back and continue to roast, uncovered, 1 1/2 hrs. longer at 350 degrees F. (Allow 20 min. to the pound.) Baste every 15 min. with a mixture of 1/2 c. butter, 1/4 c. lemon juice and 1 c. hot water.

When done, remove from the pan and keep warm. Skim the fat

from the liquid; make gravy as usual. Add 1/2 pt. additional whole small shucked oysters and simmer 5 min. or until the edges curl.

Creole Oyster Stuffing: (Also delicious with turkey.) In a frying pan combine 1/2 crushed section garlic, 1/2 c. chopped onion, 1/2 c. fine-diced celery, 1/2 c. diced green pepper and 1 chopped skinned tomato (or use canned tomato). Add 1/2 c. butter or margarine; simmer-fry until the liquid evaporates and the vegetables are slightly browned.

Add 8 c. soft enriched bread crumbs, 2 tbs. minced parsley, 1 tbs. salt, 1/2 tsp. poultry seasoning and 1/4 tsp. tabasco sauce. Slow-fry 5 min. stirring often. Add 1 beaten egg and 1 pt. drained quartered fresh oysters or one (16 oz.) can, and use as directed.

CHRISTMAS EVE BUFFET DINNER

Tomato juice cocktail, potato chips; escalloped oysters or creamed fish casserole; mixed vegetable salad bowl; rolls; applesauce; Christmas cake or cookies; coffee, tea and milk.

SUNDAY DINNER

Tomato Aspic Salad
Crisp Celery Pickles
Baked Smoked Ham
Cranberry Glaze
Panned Sweet Potatoes
Peas
Poppy Seed Cake or Pound Cake
a la Mode
Coffee
Tea
Milk

Poppy Seed Cake: Stir 1/2 c. poppy seed into 1/2 c. milk. Let stand 2 hrs.

To make the cake, stir 1/2 c. butter or margarine until creamy. Gradually blend in 1 1/2 c. sugar and 1/2 tsp. vanilla. Next sift together 3 c. already-sifted enriched flour sifted again with 1/2 tsp. salt, and 3 tsp. baking powder. Beat 4 egg whites stiff. Add alternately with the milk and poppy seed to the first mixture. Beat thoroughly.

Transfer to 3 oiled 9 in. layer cake pans, bottoms lined with waxed paper. Bake 30 min. in a moderate oven, 350-375 degrees F., or until a cake tester inserted near the center comes out clean. Cool; put together with nut filling.

Frost the top with chocolate icing and decorate with whole nutmeats; or top with swirls of whipped cream and decorate with nutmeats and drained halved maraschino cherries.

Nut Filling: Scald 1 1/2 c. milk in a double boiler. Stir in 2 tbs. cornstarch mixed with 2 tbs. cold milk. Cook and stir 3 min. Beat 4 egg yolks light and add 1/2 c. sugar. Stir in 4 tbs. of the hot filling. Return to the double boiler and cook and stir 1 min. Add 2/3 c. chopped walnut, pecan or filbert meats, 1/2 tsp. vanilla and a few grains salt. Use while slightly warm.

TRICK OF THE CHEF

Try pomegranate pulp as a gay and exotic garnish for fruit cups and grapefruit.



Jr. Red Cross Parcels On Their Way

After a busy week of sorting and wrapping Christmas gifts sent in to Red Cross Hdqts. in Charlottetown by Junior Red Cross members in schools all over the province, the Juniors pictured above, members of the Charlottetown Red Cross High School Council, are seen ready to deliver the packages to the Post Office for despatch to handicapped children in different parts of the province. This early mailing of gifts was largely made possible as the result of the special appeal arranged by the High School Council which met with a particularly generous response from all the city schools. In the picture are Carol Garnham, Isabel MacDonnell and Gerald Bulger.

HERMAN N. BUNDESEN, M. D.

Take Steps To Prevent Yuletide Tragedies

The Christmas holidays should be the happiest time of the year for every family. Yet frequently this gay season turns into tragedy for many of them.

Now, I don't want to dampen your holiday enthusiasm and I doubt that I could, but I think a few words of caution are in order.

Christmas Tree Instructions

Every year about this time you are warned by newspaper articles on what and what not to do with your Christmas tree. Let me repeat a few of these instructions again.

Place the tree in a corner of the room where frolicking children are not likely to bump into it. Place it in a firm stand containing water, and fasten the tree to the wall with a wire.

Check the Wiring

Check the electric wiring for the tree lights, and don't try to patch up a frayed wire with tape. Get a new string of lights. They don't cost much.

If you spray your tree, don't use a spray that is highly flammable. Have a bucket of sand handy too, just in case.

If Someone is Burned

Despite all these precautions, someone in your family may get burned. It may not be as serious as being burned by a blazing tree; it may only be a burned finger from an anxious peek at a roasting turkey.

In any event, I'll tell you in detail tomorrow what you can do to aid someone who is burned.

Unbreakable Ornaments

Another precaution you can take in decorating your tree is to use unbreakable ornaments. Children are naturally inquisitive. If a glass ornament should fall and break, nine times out of ten they will try to pick up the pieces, especially if they mean a nasty cut that would at least momentarily spoil the holidays for you.

Watch Your Visitors!

One more thing. Be careful of visiting friends who obviously have colds. They may be spreading more than Christmas cheer. Caution them against hugging and kissing the children.

As you see, there's a lot you can do to insure a happy, healthful holiday for your family. To give just a little thought to these simple matters will save many heartaches.

QUESTION AND ANSWER

Mrs. M. L.: What is the cause of burning of the tongue?

Answer: Burning of the tongue is usually due to infection. Sometimes it occurs in individuals between 40 and 60 years old. The exact cause for this type of trouble is not known.

An examination of the mouth and nose by a physician should be made to see just what disorders may be. Then the proper treatment for the condition can be given.

World Famous Dancer Retires

MONTREAL, (CP) — Moira Shearer, world famous dancer, is scheduled to fly home to England today in time for a Christmas reunion with her husband and two-year-old daughter.

The 28-year-old redhead who retired from the dance world following a performance here Saturday night, said she plans "to be with my family a good deal more in the future." She also plans a career as a stage actress.

Miss Shearer, who danced to fame as a ballerina, took between dancing and marriage in the British movie "The Red Shoe," asked that no special presentation be made to mark her last appearance as a dancer.

"It's not important to anyone but myself, not really," she said in an interview today. "Naturally I regret leaving the ballet, but it's absolutely my own decision."

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Sing again the Christmas carols For the infant King. Borne on midnight winds, poor O shepherds!

Heard the angels sing. All my heart will hearken to The music that they bring.

Christmas week is here again and the shortest day of the year; from now on we will be travelling toward the longer sunnier days.

Christmas carols and covering the roses has been the pleasant task here in this week and now the cold and snow will not worry us because of these lovely things.

What joy it is to be a part of the Christmas Season.

I love red candles On the window-sill. Alive and burning, Throbbing—be still. O heart, and cease Thy restless beat Is this not peace?

I love green wreaths On a jolly door, Alive and glowing, Radiant, a store Of memories; release. O heart, thy joy— Is this not peace?

Love church bells In a frosty night. The world reclothed In a robe of white, O heart, be gay. For peace is born Upon Christ's Day.

Flowers play an important part of the Christmas Season, and a beautiful Camellia has been added to the collection of house plants in the garden room. I think it is a deep rose color as it is now showing and will be watched every day for new developments as it unfolds its beauty very slowly.

I have always wished for one of these lovely flowers. The camellia is enjoying a second wave of popularity in many countries. In the nineteenth century it was grown everywhere in Europe and was imported into America from there as well as the Orient, and much was written about it in those days. Since then many new varieties have originated in all countries so that we have lovely flowers to choose from in different colors.

Almost daily now a new variety becomes available. They are widely growing in our country, glossy foliage alone; added to this there are the gorgeous flowers, two to six inches in diameter and beautiful in form.

Camellias are very much worth while if you have a cool, well-lighted place to grow them in winter. They do not need as much sunshine as some house plants, they need to be kept moist but never wet.

In summer they do well outdoors in a shady place and when re-potting they need an acid soil. The Camellia is the tea plant and it is interesting to know that more wild forms are found in China than in any other region.

Reading the history of this plant tells us that in 1745 Lord Petre of Essex, England, had Camellias growing in his greenhouse. In 1800 they were brought to this continent and large numbers grown for the trade.

Now Camellias are grown in gardens all through the southern States and visitors to these lovely gardens in Charleston and Florida have told me about them. There is a large collection in Sacramento, California, on the capital grounds, and here and there plantings for scientific study have been started. In various cities and towns of the south and west, Camellia shows of outstanding interest and beauty are held in winter and draw large crowds of people.

Garden makers, in those areas where Camellias may be grown outdoors, have available plant material of unsurpassed value. In our country we can grow them indoors and enjoy their loveliness.

The world of flowers is a world of its own — so rich, so varied and so limitless that it is difficult to express in mere words the full meaning of all that it conjures up. In the dim and distant past, long before the printing press, the magic of flowers was recorded on the walls of temples and private dwellings, and on decorative objects as well.

That passion for expression has persisted and, in the centuries that followed, the skill of men, reflected in a more realistic form, began to tell the story of the marvelous appeal of flowers — their beauty of form, their texture and their color and the ways in which they could be utilized for decoration.

In every age, artists with the creative urge have endeavored to express this deeply rooted emotion in a new way. While the storehouse of tradition is unlimited in its example for inspiration, it is always the individual taste of the creator that we enjoy particularly. This mark of distinction is what gives personality to a work of art — be it a picture, a carving or a garden.

As makers of gardens and growers of plants and flowers, all of us are privileged to create form and life. Unlike the artist who may rely on a palette of mere pigments PLUS OIL or water and canvas or paper, we have the living roots, the stems, the foliage, the flowers and the fruits as our pigments and the earth around us as our canvas. What manner of picture the painter's art is unlimited in its choice in the fullness of three dimensions.

Even more to be treasured is that personal touch which springs from our imagination and experience.

How rich and multitudinous are the blessings of gardeners'. How infinite and unlimited are our opportunities to spell out the infinite beauty of flowers. Thus, we look back over the cycle of seasons behind us to ask how well we have stood up to the challenge that was our. Likewise we look forward to another year full of eternal hope and promise in our world of flowers.

I have been reading about the National Pinetum in England. There is no place in England that the average gardener could visit with more pleasure and profit than the National Pinetum at Beddington, in East Kent. There are sixty-four acres of specimen conifers and a pleasant

MARY HAWORTH'S MAIL

Deeply Troubled By Reaction to First Kiss

DEAR MARY HAWORTH: I am a teen-age girl with two problems. The first problem is that recently I let a boy kiss me, the first time any boy has ever kissed me. This kiss left me shaky, nervous, upset and ashamed of myself deep inside.

I don't know what I am scared of, so it bothers me more than it otherwise might. I never thought a kiss was wrong until now — when it leaves me so shaky. I had supposed God didn't mind a little kiss, even blessed it when it went no further (and it didn't).

The boy is clean-cut with a good reputation and seems to stand well in the community (I am here). He did seem rather well-briefed in lovemaking. I probably would get a lecture from my parents if they knew I had permitted the kiss, even though they are pretty lenient about my dating — no example. This boy dated me frequently.

Stands Well Among Girls

The other problem is that so many boys are liking me at once, and all are asking me for dates. And when one learns that I have a date with another boy on a following evening, he gets angry, as if I were "betraying" his love, even though we aren't going steady. Then he drops me.

Around here you practically have to go steady; I mean it's just the thing to do. But each boy thinks he hasn't a chance with me; so he begins to ignore me, or to make cynical remarks before groups, who go along with him to embarrass me. In these circumstances, I jump around in the field of dates, as first they like me and then they hate me — and it looks silly.

I stand well with the girls, not running around with any particular group, but with many. But I am mixed up and losing friends, because I don't know how to manage the dating problem. Please, please help me soon.

Nothing Wrong With Reactions

DEAR D. P.: An adolescent girl's first interested kiss usually is a momentous experience for her — not always as disturbing as yours has been, however. What bothers and shames you, in retrospect, was the intimacy — the self-giving implication (unconsciously) — of the exchange, with a boy who is only a friend thus far, with a practiced skill at lovemaking, it seems.

You were sexually stirred by the kiss, and perhaps the boy intended this — taking advantage of your innocence, catering to his own ego, rather than acting affectionately. (Or maybe he was just showing-off, fancying you to be more sophisticated than you are.)

Thus you feel guilty in the sight of God, and also vaguely "scared" — of the mighty forces stirring in your nature, and of the powerful magnetism of man-woman attraction. Also troubled, as sensitive humans always are, when they stand on the threshold of new-nesses to be learned.

Needs Wise Close Listening Guide

To digest your emotional reaction to the kiss, you ought to have a good discursive relationship with your parents (or at any rate with your mother) about such things. Your parents might be less "lenient" and more attentive to your states of mind, if they really care about keeping you safely happy and integrated, in your first rounds with romance.

It's the fortunate girl who confidently speculates on her first kiss, imaginatively in conversation with a sympathetic mother, long before it transpires. Thus she is pretty well fortified against anxious shock when it takes place — and if she needs help in recovering poise, and evolving a future policy, a follow-up talk with a sensible parent usually steadies her off for the long haul into a prudent adult love-life.

About the boys giving you a rush! This is customary stag-line activity when an attractive new girl appears. Your response is too naive, too eager to please everybody, too hopeful of keeping all the boys on the string. Also you talk too much, perhaps, trying to explain all your details to everyone's satisfaction.

Make it a rule never to mention one date to another and, if bids clash, just say "I'm busy that evening," but don't say with whom. If going steady is a social necessity to keep in the swim, choose a nice boy who can be a good friend, and stop trying to be a belle.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.



Striking Separates

Separates in beautiful fabrics get together for a delightful two-piece costume such as this one just made for an evening spent entertaining at home or being entertained "on the town." From a distinguished California designer, Juli Lynne Charlott, comes a delightful duo, the top a sleekly fitted affair of black velveteen with sleeves pleated to give them a puff. The matching skirt is richly applied in felt, the design huge orange-red sunflowers trailing off green stems and leaves in a striking composition. The skirt is lined for shape retention.

Holiday Candy

If you like to make candy during the holiday season either as a gift to a friend or to have in your home at Christmas, try making Pralines. They are delicious and will be a delight to your family and friends as well.

Pralines
1 cup brown sugar
3 tbs. white corn syrup
2 cups white sugar
1/2 cup evaporated milk diluted with 1/2 cup water.

Mix ingredients in a sauce pan; the skins pop open (10 minutes or more). Strain through a cheesecloth, bring to a boil, and add sugar and boil for 2 minutes. Serve cold. For future use put in sterilized bottles and seal. May be served plain or with ginger ale.

HOUSEHOLD HINT

If you give fabric-covered iron and toaster cords a coat of wax, they will last longer.

cook to the boiling point, stirring constantly. Continue cooking, stirring occasionally, until a few drops form a soft ball when dropped into cold water. Remove from heat. Cool at room temperature, without stirring, until lukewarm or until hand can be held comfortably on bottom of pan. Stir in teaspoons maple flavoring and one and one-half cups pecans. Beat until candy holds its shape. Drop rapidly from a spoon onto waxed paper to form patties about four inches in diameter. Wrap in waxed paper. Makes one dozen.

ANNE ADAMS PATTERNS

FIGURE FLATTERER!

For the prettiest fabric you can find — this shapely dress with dashing details. See the way this curve-conscious line softens your shoulders, narrows your waist, billows the skirt. Sew it! Wear it now right through spring! Choose faille, taffeta, or cotton.

Pattern 4580: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 takes 4 1/2 yards 45-inch fabric.

This pattern easy to use, simple to sew is tested for fit. Has complete illustrated instructions.

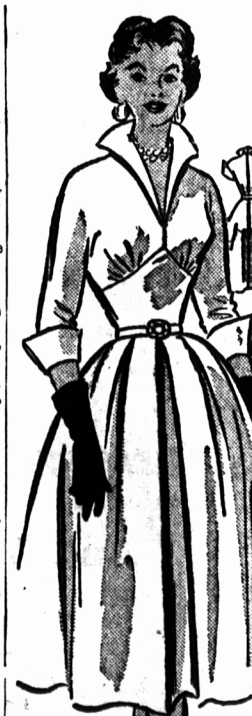
Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

MORNING SMILE

Dinner was a little late. A guest asked the hostess to play something. Seating herself at the piano, the good woman executed a Chopin nocturne with precision. She finished, and there was still an interval of waiting to be bridged. In the grim silence she turned to an gentleman on her right and said:

—stess—Would you like a sonata before going in to dinner? He gave a start of surprise and pleasure as he responded briskly: "Man—Why, yes, thank! I had a couple on my way here, but I could stand another."



4580 12-20-40 by Anne Adams

ALICE BROOKS DESIGNS

THRIFTY AND QUICK

Please your little lassie with a new cap or mitten set! A beauty, done in double crochet with crocheted blossoms sewn on.

You can crochet this pretty outfit quickly! Pattern 7147; directions for 4-6; 8-10 years are included in the pattern.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

A few days before Christmas 1911, the world thrilled to the news that Roald Amundsen had become the first man to reach the South Pole and had unfurled the Norwegian flag in that snowy waste to mark his glorious triumph. But our thoughts in Britain that Christmas turned to Captain Robert Falcon Scott and his gallant comrades, whom we knew were battling on towards the Pole. On Christmas Day the British party were still about 300 miles from their goal, stoging on grimly — and unaware that they had been beaten by the intrepid Norwegian.

Wife Preservers

For MEALTIME MAGIC

CHOOSE FROM TWO TASTY KINDS

HEINZ BOTTLED

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For your convenience when ironing the laundry, place your clothes basket to the left of your ironing board or press, and a clothes rack to the right. As you iron the clothes, hang them on the rack and save steps, since all the ironing can be folded and sent out on one trip.

Cook's Corner

MINCEMEAT DROP COOKIES

3 cups sifted flour, 3 tsp. baking powder, 1 tsp. salt, 1 cup butter or margarine, 3 cups brown sugar, 2 eggs, 1 cup all-bran, 1 tsp. vanilla flavoring, 2 cups mincemeat.

Sift together flour, baking powder and salt. Blend butter and sugar; add eggs one at a time, beating well after each addition. Stir in all-bran, vanilla and mincemeat. Add sifted dry ingredients; mix well. Drop by tablespoons onto greased baking sheets. Bake in moderately hot oven, 400 degrees F., about 15 minutes. Yield: about 6 dozen cookies 2 1/2 inches in diameter.

CRANBERRY JUICE COCKTAIL

4 cups cranberries, 4 cups water, 2-3 cup gran. sugar.

Cook cranberries in water until

Cranberry Stains

If the stain is from cranberries, stretch the spot over a bowl and hold securely with a rubber band or string. Then pour boiling water on from a height of two or three feet.

Wash thoroughly in soap and water. If the sun won't injure the fabric, hang it in the sun to dry. Dinner beverages that overflow can be sponged with warm water

and soap, and cream sauces yield to the same simple treatment.

Said OH Stains

Salad oils respond to simple soap and water lathering, with a little extra rubbing for good measure. Treat butter stains the same way.

The desert is one course that is extremely apt to make its mark on the banquet cloth, especially if there's the happy combination of large ice cream portions and small guests. It's wise to give them the two-step treatment. First, sponge with cool or lukewarm water to remove the sugar and the protein.

Next, wash in warm suds to remove the residue.

Treat tea and coffee stains as you would cranberry stains.

For milk spots, soak first in cold or lukewarm water, and follow with a soap and warm water washing. Use soap and water to handle lipstick stains, candle drip smears and stains from fresh flowers.

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If Your Best Cloth Has Holiday Stains

By ELEANOR ROSS

Many a hostess groans to discover that her best table linen bears the mark of cranberry sauce, gravy or other food.

However, the cloth is washable and practically any stain will come off if quick action is taken.

Meat juice stains require soaking in cold water. Then sponge off in warm suds. Sponge gravy spots with cold or tepid water, then wash in lukewarm suds. Never use hot water, since hot water sets the